AMENDMENTS TO THE CLAIMS:

Please cancel claims 57-82 without prejudice or disclaimer.

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-82. (Canceled)

83. (New) A method of blending food product in a container having a closure member and a blending element within the container, in which:

the container is charged with food product at a charging location,

the closure member is fitted to the top of the container to seal the food product and the blending element in the container at said charging location,

the container, with food product contained therein, is located in a blending location,

the blending location is provided with a combined heating and blending apparatus that defines a microwave enclosure having a seat for said container, the seat including an upwardly extending drive member, such that when the container is located on the seat, the blending element in the container is located in operative engagement with the drive member,

wherein the drive member is operatively coupled to a drive motor external to said enclosure,

and whereby according to the method the container is positioned on said seat within the microwave enclosure with the blending element in operative engagement with said drive member,

the food product is subjected to microwave energy to heat the food product and bring the food product from the storage temperature to a temperature at which it may be blended at said blending location,

the food product is blended in the container at said blending location within said microwave enclosure after heating of the food product, the blending element, upon rotation of the drive motor, being caused to rotate whereby to blend the food product within the container, and

the blended food product is dispensed from the container.

84. (New) The method according to claim 83, wherein the charged and sealed container is cooled to a storage temperature

85. (New) The method according to claim 84, wherein the container, with food product contained therein, is removed from cooled storage prior to locating at said blending location.

86. (New) The method according to claim 84, wherein the charged and sealed container is refrigerated to a storage temperature capable of freezing the food product within the container.

87. (New) The method according to claim 86, wherein the frozen product is transported to the blending location at which it is heated and blended ready for consumption out of the container.

88. (New) The method according to claim 83, wherein the container is held against rotation when the drive motor is operated to effect a blending operation within the container.

89. (New) The method according to claim 83, wherein the container is of generally circular section over a body tapering from a lower end or base outwards towards an upper end.

90. (New) The method according to claim 83, wherein the container is stackable with containers of the same kind and configuration, one inside another.

91. (New) The method according to claim 83, wherein the upper end of the body is open and has an outwardly directed lip arranged to cooperate with the closure member, when assembled.

92. (New) The method according to claim 83, wherein the container and the blending element are disposed of after blending and consumption of the product.

93. (New) The method according to claim 83, wherein access to the blended product in the container after blending is through the closure member.

94. (New) A method of preparing a blended milkshake in a container having a blending element in which:

the container is charged with milkshake food product at a charging location,

the charged container is provided with a closure member to seal the food product and a blending element within the container,

the charged and sealed container is refrigerated to a storage temperature capable of freezing the food product within the container,

the refrigerated container is kept in storage so as to maintain the food product in a frozen state,

the container, with the food product in a frozen state, is transported to a blending location remote from said charging location,

the blending location is provided with a combined heating and blending apparatus that defines a microwave enclosure having a seat for said container, the seat including an upwardly extending drive member, such that when the container is located on the seat, the blending element in the container is located in operative engagement with the drive member,

wherein the drive member is operatively coupled to a drive motor external to said enclosure,

and whereby according to the method the container is positioned on said seat within the microwave enclosure with the blending element in operative engagement with said drive member,

the food product is then subjected to microwave energy to heat the food product and bring the food product from the storage temperature to a temperature at which it may be blended at said blending location,

after heating of the food product, the blending element, upon rotation of the drive motor, is caused to rotate whereby to blend the food product within the container, and

the container is removed from said blending location and a blended milkshake is then dispensed from the container.

95. (New) The method according to claim 94, wherein the container is of generally circular section over a body tapering from a lower end or base outwards towards an upper end.

96. (New) The method according to claim 94, wherein the container is stackable with containers of the same kind and configuration, one inside another.

97. (New) The method according to claim 96, wherein the upper end of the body is open and has an outwardly directed lip arranged to cooperate with the closure member, when assembled.

98. (New) The method according to claim 94, wherein the container and the blending element are disposed of after blending and consumption of the product:

99. (New) The method according to claim 94, wherein access to the blended product in the container after blending is through the closure member.